

Holiday Party Time

During the holidays, traffic accidents and deaths increase dramatically because of alcohol consumption. Fortunately, there are several steps you can take to avoid being involved, or having a guest who is involved in an alcohol-related accident.

If hosting a party:

- **If serving alcohol - serve food also**
- **Have non-alcoholic beverages available**
- **Never force a guest to drink alcohol**
- **Stop serving alcohol 1 hour before ending**
- **If guest has too much**
 - **drive them home**
 - **call a cab**
 - **take their keys**
 - **let them stay overnight**

If attending a party:

- **Have a designated driver**
- **Do not exceed one drink per hour**

REMEMBER

Drinking coffee will not sober up a drinker

Strenuous exercise will not sober up a drinker

A cold shower will not sober up a drinker

Fresh air will not sober up a drinker

